

**IMMUNIZATIONS AVAILABLE
IN OUR CLINIC**

HEPATITIS A

HEPATITIS B

INFLUENZA

MENINGOCOCCAL

MEASLES/MUMPS/RUBELLA

PNEUMOCOCCAL

POLIO

TETANUS/DIPHTHERIA

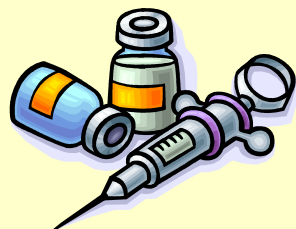
RABIES

TYPHOID

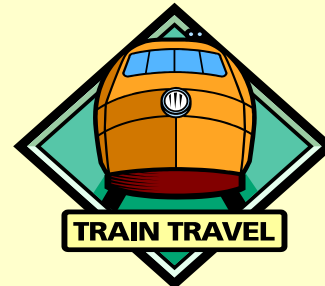
VARICELLA (CHICKENPOX VACCINE)

YELLOW FEVER

ZOSTAVAX (SHINGLES VACCINE)



BE INFORMED



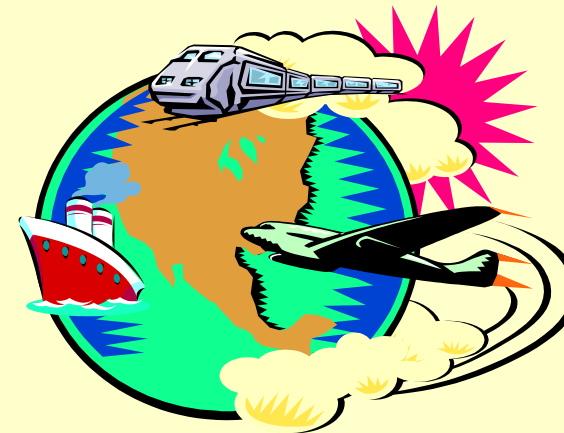
TRAVEL SAFELY

**THE
INFECTIOUS DISEASES
SERVICE**

**at the
Brooke Army Medical Center
(BAMC)**

**Provides an
INTERNATIONAL TRAVEL
CLINIC**

**Serving
Active Duty Personnel
& DOD Beneficiaries**



**We are located at
Brooke Army Medical Center
Infectious Diseases Clinic on the
3rd Floor of the Medical Mall**

**Call (210) 916-5554
to make an appointment
Monday – Friday
0730-1630**

**Immunizations Recommended
for Travel to Central/South
America, Asia, and Africa**

Hepatitis A (Series of 2 vaccines
given 6 to 12 months apart)

Hepatitis B (Series of 3 vaccines
(2nd 30 days after 1st and 3rd 5-12
months after 2nd)

Typhoid (Valid for 2 years)

Td (or Tdap) Booster every 10
years if primary series of three vaccines
were received

Yellow Fever (Some areas of
Panama, Venezuela, Colombia,
Ecuador, Peru, Brazil, Bolivia, French
Guiana, Argentina – Central African
Countries – Some countries require an
official stamp for entry) Valid for 10
years

Rabies (Primary series of 3 vaccines
(2nd one week after 1st, 3rd 3-4 weeks
after 2nd); booster every 2 years if titer
low) [ONLY RECOMMENDED
FOR RURAL TRAVEL AND
STAYS LONGER THAN 30 DAYS]

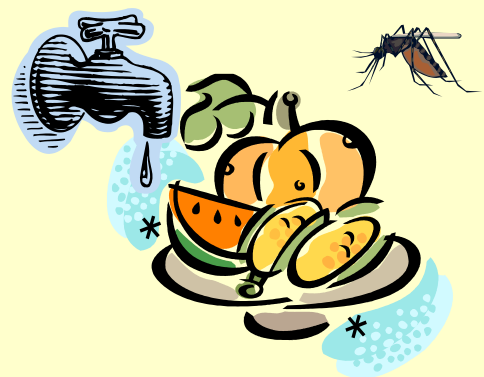
Influenza (Flu) Yearly

MMR (measles, mumps, rubella)
Not necessary for those born on or
before 1956; If born after 1956, series
of two vaccines or positive titers
showing immunity

Varicella (Chicken pox)
Childhood disease or positive titer
showing immunity

People traveling to countries other than Canada, New Zealand, Australia, Singapore, or Western Europe, would likely benefit from a pre-travel visit to our clinic.

Our staff conducts individual travel risk assessments; educates travelers on prevention of illnesses and injuries (hepatitis, typhoid fever, etc.); advises on food/ water safety, and protection against mosquito-borne illnesses (malaria, dengue fever, yellow fever, etc.)



We also provide pre-travel immunizations, laboratory testing, and medication prescriptions for malaria, traveler’s diarrhea, motion sickness, and high altitude sickness for destinations where recommended.



It is suggested that you visit the Travel Medicine Clinic 45-90 days prior to travel to allow immunizations to gain full strength



Please bring your shot records with you at your appointment

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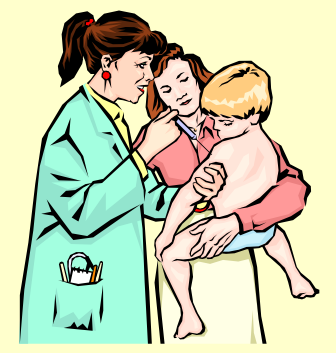


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Travelers’ Health Kit

- PERSONAL PRESCRIPTION MEDICATIONS (STORED IN ORIGINAL CONTAINERS WITH CLEAR LABELS)
- ANTIBACTERIAL HAND WIPES OR ALCOHOL-BASED SANITIZER
- ANTIMALARIAL MEDICATION, (IF APPLICABLE)
- COUGH SUPPRESSANTS
- ACETAMINOPHEN, ASPIRIN, IBUPROFEN, OR OTHER MEDICATIONS FOR PAIN OR FEVER (IF NOT ALLERGIC)
- DIGITAL THERMOMETER
- ANTACIDS
- INSECT REPELLENTS CONTAINING **DEET**
- PERMETHRIN TREATED CLOTHING
- MOSQUITO NETTING (IF APPLICABLE)
- SUNSCREEN
- BASIC FIRST-AID ITEMS (ADHESIVE BANDAGES, GAUZE, ACE WRAP, ANTISEPTIC, TWEEZERS, SCISSORS, COTTON-TIPPED APPLICATORS)
- EYE DROPS (LUBRICANT/NATURAL TEARS)



Children, younger than 18 years of age traveling abroad should be seen at the Wilford Hall Pediatric Clinic for a pre-travel assessment and immunizations
Call 292-7329 for an appointment



For more information on travel medicine go to:
www.cdc.gov/travel/

